

Review of: "[Mini Review] Role of Mango in Immune System"

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The study is a review of the literature on the dietary properties of mango and the possible contribution of its components to the health status of consumers. It highlights the presence of antioxidant components such as vitamins A, C, and E, and polyphenols with high capacity to eliminate free radicals and maintain cellular redox balance. The presence of fiber with benefits for the intestinal microbiome is also indicated. The authors suggest that mango components may serve as immunomodulators while highlighting their anti-inflammatory effects. In my opinion, the article is overloaded with high-sounding phrases about the properties of mangoes that are repeated several times throughout the text and should be avoided. On the other hand, the main weakness is that no concrete data is provided on how mango consumption impacts key elements of the immune system (leukocyte cells, defensive response capacity, etc) and what cellular and subcellular pathways are affected. I believe that the basic scientific part should not be displaced by generalist details that point to mango as a good food in the diet but do not provide details of its concrete action to produce the immunomodulatory effects cited in the text.